

# PERSONAL CONSTELLATION

This activity is about interconnectedness, a core value of Indigenous people globally. Understanding our connections to one another, the broader community, and the planet can help us to overcome feelings of loneliness and uncertainty. Constellations help us think about how we are connected to everything in creation. We can also use constellations as a metaphor to understand ourselves in relation to our environments. Naming our relations help us to make decisions about the things we can control (i.e. nurturing or ending relationships) and to understand the aspects which we cannot control. All of these relationships make us who we are, and remind us of our interconnections rather than what separates us.

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## SUPPLIES NEEDED:



Journal



Writing Utensil



Personal Constellation  
Worksheet

## DIRECTIONS:

1

### REFLECT ON RELATIONSHIPS

Take some time to review the relationships in your life and what they mean to you. These relations can be with family, friends, culture, land, or even as broad as the universe.

2

### CONSTELLATIONS MAP

Fill out the map on the personal constellations worksheet. Fill in each circle with your connection to each category.

3

### REFLECT

Reflect on what these relations mean to you and how they form a web of connections around you.



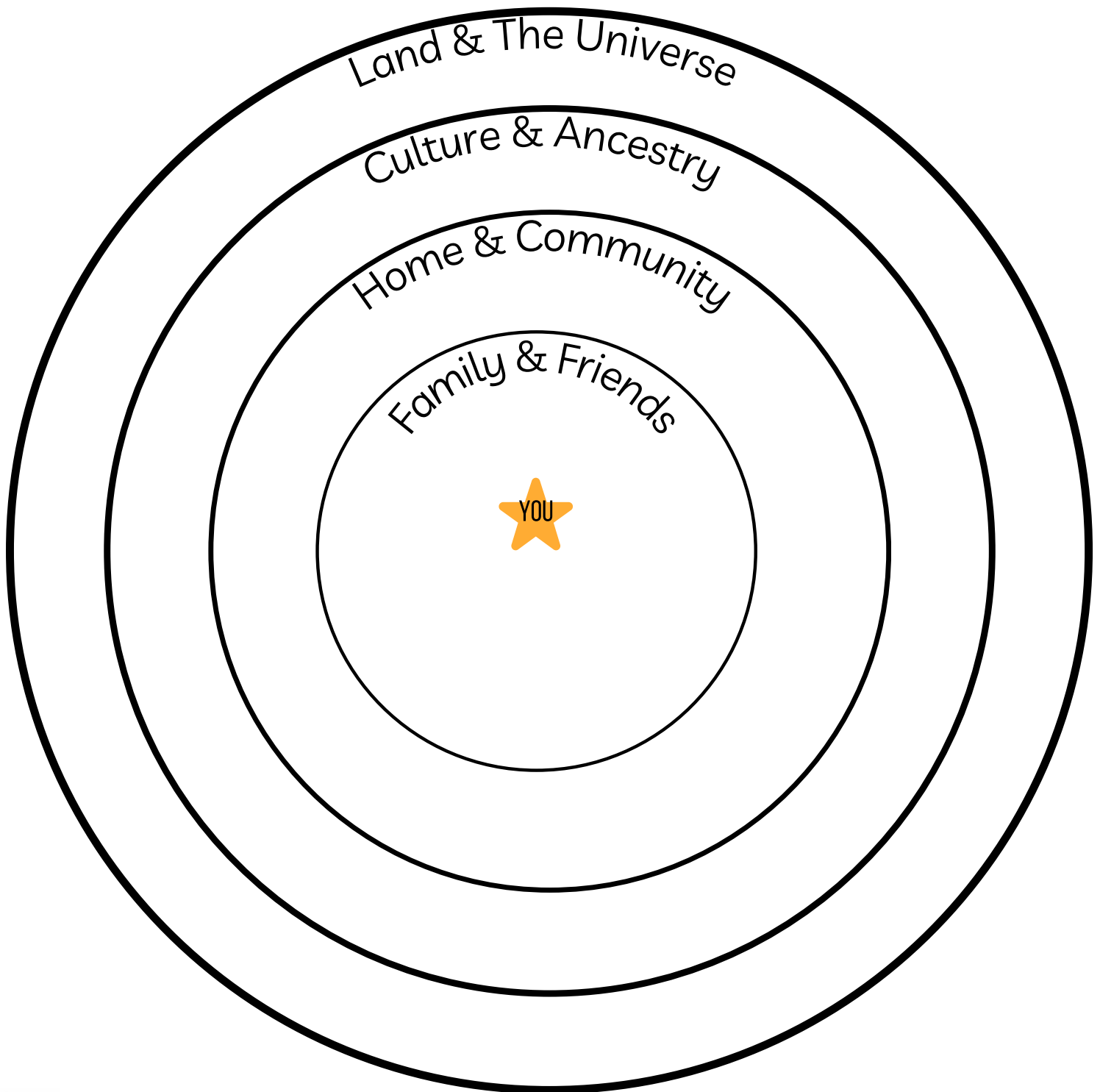
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# WE ARE ALL STARS: PERSONAL CONSTELLATION MAP



Reflect on your connections to each of the categories. Write them into the map to build your personal constellations and see how you are connected to everything.



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